

CLAIMS

What is claimed is:

- 5 1. A portable lifting device comprising:

 a catch including a top panel, said top panel having a top surface, a bottom
 surface and at least one slot, said at least one slot comprising a confining end and a
 receiving end open to an entry hole in said top panel,
10 a bob including weighted body, a shank projecting from said weighted body, and
 a tether anchor connected to said shank, said weighted body being insertable
 through said entry hole in said top panel, but not through said at least one slot,
 said at least one slot being sized to receive said shank, and
15 a tether attached to said tether anchor.

2. The portable lifting device of claim 1 further comprising a securing means for
 attaching said catch to said load to be moved.
20 3. The portable lifting device of claim 1 wherein said entry hole in said top panel is
 positioned within a concave depression in said top panel.

4. The portable lifting device of claim 1 wherein said shank may be received in said
25 slot, and said weighted body may contact said bottom surface of said top panel
 when said portable lifting device is used to lift an object.

5. The portable lifting device of claim 1, wherein said catch comprises at least one
 side panel.

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6. The portable lifting device of claim 1, wherein said catch comprises at least four side panels.
- 5 7. The portable lifting device of claim 1, wherein said catch comprises a single piece of durable rigid material.
8. The portable lifting device of claim 1, wherein said catch comprises bottom panel.
9. The portable lifting device of claim 1, further comprising a means for securing
10 said catch to an object to be lifted.
10. The portable lifting device of claim 1, wherein said securing means comprises at least one strap.
- 15 11. The portable lifting device of claim 1, wherein said at least one slot comprises four slots.
12. The portable lifting device of claim 1, wherein the weighted body comprises a durable rigid material.
- 20 13. The portable lifting device of claim 1, wherein said weighted body is cylindrical in shape.
14. The portable lifting device of claim 1, wherein said tether anchor is sized to
25 prevent passage through said entry hole.
15. A method for selectively moving a load between a low position and an elevated position the steps comprising:
30 a. providing a portable lifting device comprising a catch including a top panel, said top panel having a top surface, a bottom surface and at least one slot,

5 said at least one slot comprising a confining end and a receiving end open to an entry hole in said top panel, a bob including weighted body, a shank projecting from said weighted body, and a tether anchor connected to said shank, said weighted body being insertable through said entry hole in said top panel, but not through said at least one slot, said at least one slot being sized to receive said shank, a tether attached to said tether anchor;

c. securing said catch to said load;

10 d. lowering said bob to said catch and allowing said weighted body of said bob to pass through said entry hole;

e. moving said shaft into one said slot;

15 f. applying a vertical force to said tether causing said weighted body to contact said the bottom surface of said top panel; and

g. adjusting a length of tether between a user and said tether anchor to raise or lower said load.

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16. The method of claim 15 further comprising the steps:

h. lowering said load to a support surface;

25 i. allowing said shaft to move in said slot toward said entry hole; and

j. pulling said weighted body upward through said entry hole.

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